

# Materia Medica Of 18 Self-Help Remedies

Homeopathy has been in existence for more than 200 years and is one of the most widely used forms of medicine in the world today. The fundamental principles for its use have remained virtually unchanged.

If you're new to homeopathy, take a look at our easy to use guide to self-prescribing for an overview of what to expect and how to best utilise the power of Homeopathy.

## What can homeopathic self-treatment be useful for?

Homeopathy can be used safely and effectively by anyone including babies and children. Self-treatment is safe for simple, uncomplicated conditions such as colds, coughs, sore throats, indigestion, and teething babies. For anything more serious, if symptoms persist or if you are in any doubt always seek professional advice.

Homeopathy can also be helpful in minor first aid situations such as bruises, sprains, insect bites and stings. It can be used in some more serious first aid situations until help arrives but never delay calling an ambulance or seeking medical advice if necessary.

Homeopathy can be used alongside conventional medicine, however, never make changes to your medication without first consulting your GP.

Below is a list of the 18 most commonly prescribed Homeopathic remedies for common ailments, you can use this information as a starting point for self-prescribing.

## Homeopathic Remedies

### Aconite

Aconite is useful in the early stages of colds, fevers, and inflammation.

Particularly as a result of being exposed to a cold/dry wind or from experiencing a fright or shock. Complaints often come on suddenly and are very intense. May be useful for teething babies which are also showing symptoms of fever.

Symptoms may include: Extreme restlessness and fear. Dry, hot skin. Symptoms may be worse in the evening/around midnight. Thirsty for cold drinks. Food and drink tastes bitter, except water. May feel better for fresh air. Patient does not want to be touched.

### **Apis**

Apis is the 'go-to' remedy for insect bites and stings. A really helpful addition to the first aid kit. Also useful for sore throats which look red and swollen.

Symptoms may include: The affected area is usually red, hot and swollen. There may be accompanying excess fluid/pus. Pains are burning and stinging. The pain feels better for the application of a cold compress but worse for the application of heat. It may also feel worse between the hours of 4 and 6 pm. The patient may be restless and/or thirstless.

### **Arnica**

Arnica is the No. 1 remedy for accidents, shock or physical exhaustion and should be the first choice after injury or physical trauma. Given early it will reduce swelling and bruising. Use prior to giving other injury remedies such as Rhus Tox, Ruta, and Hypericum.

Symptoms may include: The patient usually feels sore and bruised and does not want to be touched. They may just want to be left alone. They may claim to be fine when they are clearly not - a classic response of someone in shock. The patient's memory may also be poor. They feel better for lying down but may find difficulty in getting comfortable. They feel better lying with their head low and worse for jarring or lying on the injury.

### **Arsenicum**

A useful remedy for food poisoning and a range of other digestive complaints. Also useful for colds and fevers.

Symptoms may include: The patient may feel extremely weak and exhausted but may at the same time be mentally restless. The person is anxious, does not wish to be left alone and may have a fear of death. They may feel chilly but pain and discharges feel as if they burn.

All symptoms, except a headache, feel better for heat or for warm food or drink. The patient may be thirsty but may only want frequent sips of hot drinks. They feel better for warmth and lying down but tend to be worse between the hours of midnight and 3 am.

### **Belladonna**

A remedy for very high fevers, particularly as a result of a chill to the head. Give in the early stages colds and flu which come on suddenly and fiercely. Use for earaches and sore throats where there is redness and heat.

Symptoms may include: The patient may have an inflamed area or their whole body may be burning red and hot. In fever eyes are glassy and their pupils dilated. The symptoms may have appeared very quickly and the pains are violent and throbbing. There may be a rapid pulse and the patient might be angry, possibly delirious, or even hallucinating. They will be thirsty and may crave lemonade. They feel better when lying down but worse for being touched and for any jarring movement.

### **Bryonia**

This is a remedy for dry, painful coughs. Also an important remedy for injuries and trauma such as bruises, dislocations, and sprains.

Symptoms may include: In coughs there is dryness of all mucous membranes and a great thirst for large amounts of fluids at long intervals. The patient wants to lie absolutely still and all symptoms are much worse for the slightest movement. Pains have a stitching or cutting sensation but feel better for applying firm pressure to the area. The patient is irritable and resentful of being questioned or fussed over.

### **Cantharis**

Cantharis is the first remedy to think of to ease the intense pain of burns, including sunburn. It can also be helpful in cases of cystitis.

Symptoms may include: The pain feels like a cutting and burning sensation. The pain is eased with the application of cold but feels worse for being touched. In cystitis, the patient may be very thirsty but their condition worsens after drinking (especially cold drinks). Symptoms often come on very suddenly and violently. They may feel angry or irritable.

### **Chamomilla**

A 'must-have' remedy for parents of young children, invaluable for ear pain, colic, and fever. Chamomilla is an excellent remedy for easing the pain of teething.

Symptoms may include: A key indicator for Chamomilla is a child with one red cheek. They will be irritable and bad-tempered, not knowing what they want, but will become quiet on being carried/picked up. The pains are intolerable and appear to be out of all proportion to the complaint. The patient may be hot and sweaty (especially on their head). They are better for being uncovered and worse between the hours of 9 pm and midnight.

### **Gelsemium**

A popular flu remedy where there is intense weakness and weariness.

Symptoms may include: The patient feels completely exhausted physically and mentally. Symptoms come on slowly, may take days to develop. Shivering up and down the spine. May tremble and complain of aching muscles and a heaviness of the head and eyes. Not particularly thirsty. They may feel better for sweating or urination and worse for any physical exertion

### **Hypericum**

Hypericum is a useful first aid treatment for lacerated wounds from sharp instruments and injuries to nerve-rich areas such as fingers, toes and the spine (e.g. falling on the coccyx or slamming fingers in a door). It also has reputed anti-tetanus properties. Give Arnica first to prevent swelling and bruising then follow with Hypericum.

Symptoms may include: Extreme, shooting pain along the nerves. The patient is worse for motion or pressure. Use after surgery to help with healing. Also useful for insect bites and stings which have become inflamed and painful.

### **Ignatia**

Ignatia is very useful in treating symptoms resulting from acute loss, grief, broken relationships, emotional shock or bereavement.

Symptoms may include: An inability to accept/absorb what has happened. The patient may have the hiccups, sigh or yawn a great deal, they may even faint or become hysterical. They feel better for warmth and worse for tobacco and fresh air.

### **Ledum**

Like Hypericum, Ledum has reputed anti-tetanus properties. It is used to treat puncture wounds and black eyes as well as deep wounds and bites from both animals and insects.

Symptoms may include: Sticking, tearing and throbbing pains. The area is swollen, blue and cold but, strangely, feels hot to the sufferer. They feel better for cold applications and worse for heat.

### **Merc Viv**

Merc viv is a useful remedy for cold sores and other mouth ulcers, particularly for those who are extremely sensitive to extremes of temperature.

Symptoms may include: Smelly breath and discharges (may be streaked with blood). Patient may be prone to swollen glands/colds and sweat profusely. They produce excessive saliva, especially at night, but they are extremely thirsty. Often, individuals feel worse at night, when in bed.

### **Nux Vomica**

An excellent remedy for anyone who likes to party! Useful for hangovers and after any form of over-indulgence.

Symptoms may include: Nux Vomica types like to work and play hard. They enjoy alcohol and tobacco and use coffee to get them going, despite it making them feel worse. Chilly, emotionally tense, irritable, over-sensitive people. Patients may suffer from digestive complaints. Feel full and bloated after eating. They may feel they want to vomit but find it difficult to, however, they feel better for doing so. Often worse in the mornings, they are better for rest, warmth and hot drinks.

### **Pulsatilla**

A common remedy for childhood ear infections, coughs, and colds.

Symptoms may include: Symptoms and patient are very changeable. Emotionally they are moody, tearful and crave company. Children are clingy and whiny. Mood/ symptoms improve from being out in the fresh air but are worse for being in a stuffy room. Patients are not usually thirsty. Discharge such as expectoration are thick, bland and yellow-green.

### **Rhus Tox**

A major remedy for sprains and strains - a useful addition to the sports bag. It's a remedy for injuries and pains which come on from overdoing it. Can also be helpful for colds.

Symptoms may include: Stiffness, coupled with restlessness. Pains are usually around joints, which ache and feel sore or bruised. Damage to ligaments. Lower back pain from over-lifting. Pains can get worse on first movement, with tearing or stitching sensations but they ease up with gentle continued movement. During colds, fevers or flu, a triangular red tip at the end of the tongue may be seen. Children who need this remedy may crave cold milk. Patients generally feel better for heat and gentle motion and worse for damp, cold weather.

### **Ruta**

Useful for injuries to tendons and bone surfaces. Particularly for injuries to wrists, knees, ankles, and shins - bones with a thin covering of flesh, bruises to the shin for example. Ruta's action is deeper than Rhus tox.

Symptoms may include: Similar to Rhus Tox but less restlessness than in the Rhus tox picture. The injured area feels sore, bruised and weak. The bone feels damaged but feels better with gentle movement and worse for lying on the affected part.

### **Silica**

In first aid treatments, Silica is used for forcing foreign objects, like splinters, out of the body. It is also a useful remedy for colds. In acute illnesses, it suits chilly types who keep getting infections which are then slow to clear up.

NB. Silica should not be self-prescribed if foreign objects have been intentionally placed in the body, e.g grommets, metal pins, pacemakers etc.

Symptoms may include: Patients are thirsty and perspire easily. During a cold, the nose becomes dry and blocked. They feel better for being warm and hate the cold and drafts. They may be generally worse in cold, wet weather.